

# MENTAL HEALTH

## 9 MEDIUM-EFFORT DISTRACTION TECHNIQUES

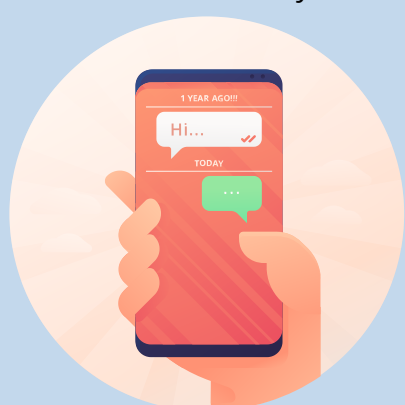
Have a dance party.



Learn something new.



Send a text message to your friends or family.



Organize something, like all the files on your computer.



Take a shower/bath.



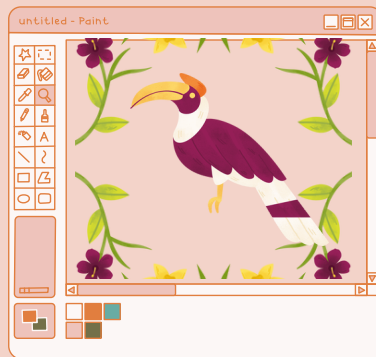
Stretch or do yoga.



Call a friend or a trusted family member.



Edit photos.



Follow a "do-it-yourself" tutorial.



Video



These 9 distraction options are based on the blog ["Beauty after Bruises – 101 Distraction Techniques."](#)

For more information on self-help coping strategies, visit our Unaccompanied Children Resource Center: [ucresourcecenter.org](http://ucresourcecenter.org).